

# Yoga for Kayakers

## Yoga for Kayakers

Join us for a relaxing stress-reliever yoga session before we float down the Scioto River. Led by a yoga expert, we'll do some moderate warm-up stretching before we take a relaxing trip down the river. Olentangy Paddle emails participants one week in advance with a program itinerary, transportation logistics, and weather alerts. All equipment, including boats, life jackets, and paddles are included. Wear clothing suitable for getting splashed and layers if chilly. Participants are required to wear tennis shoes or water shoes. Bikes may be provided for individuals wishing to bike back to the launch (bring a helmet if so) instead of parking a car at the other end or walking. Session including trip is approximately 2 hours, 3 miles. Launch is from Amberleigh Park, 4715 Vista Ridge Drive, Dublin, OH 43017. To reserve bikes or for additional questions about the program, contact [info@olentangypaddle.com](mailto:info@olentangypaddle.com)



- **To Register:** <http://dublinohiousa.gov/recreation-services/online-registration/> or call 614.410.4550
- **Class:** 346008.02
- **Dates:** Sunday, July 19
- **Time:** 10 am – 12 pm
- **Location:** Amberleigh Park, Boat Launch
- **Price:** \$50 for City Residents, \$50 for School District Residents and Non-Residents
- **To Register:** <http://dublinohiousa.gov/recreation-services/online-registration/> or call 614.410.4550

## Yoga for Kayakers Instructor Lisa Daris



## Yoga for Kayakers Course Information

- **Class:** 346008.01
- **Dates:** Sunday, June 21
- **Time:** 10 am – 12 pm
- **Location:** Amberleigh Park, Boat Launch
- **Price:** \$50 for City Residents, \$50 for School District Residents and Non-Residents

Lisa Daris, owner of Olentangy Paddle, is an urban environmental optimist who has been kayaking for over 10 years. She believes in the power of connecting people to nature by showing them the hidden waterway gems in Central Ohio. She takes the hassle out of boat transportation and makes your experience on the water fun. Join her to learn basic kayak skills and gain knowledge of the birds, flora, fauna, and geology on the Scioto River.

